

Island County Parent to Parent Newsletter

FREE Conference that is loaded with lots of topics.
You should check it out!



The 9th annual Community Summit will feature weekly webinar sessions beginning on May 6th and running through June 24th, 2021.

Resilience, Equity, and Inclusion

Webinars are free of charge and open to families and providers.

The Community Summit Registration is Open!

The 2021 Community Summit Webinars will take place on the following dates:

May: 6th, 10th, 13th, 20th, 24th, and 27th

June: 6th, 10th, 17th, and 24th

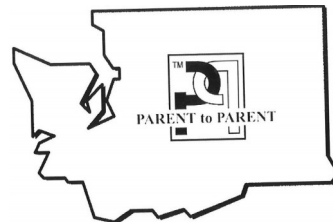
Featuring weekly webinars, social events, and panel discussions.

Topics include: Portraits of the Community presented by an Oak Harbor resident Tony Hall, Self-Advocacy, Courageous Conversations, Job Foundations, Digital Desire, Psychology Differences.

Visit the Summit Facebook page for announcements and **registration:** www.facebook.com/thecommunitysummit

For more info: <https://informingfamilies.org/cs-2021/> or call Mike Etzell (360)678-7883 mikeet@islandcountywa.gov

May 2021



“
Children don't say
"It's a hard day, can we talk?"
They say "Will you come play
with me?"

Read it again, really hits
home

elsewhere

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Want to know more about
Parent to Parent? Check out
our website and Facebook
page.

[https://
www.islandcountywa.gov/
Humanservices/Pages/Parent-
to-Parent.aspx](https://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx)
[Various Resource Guides](#)

[https://www.facebook.com/
islandcountyparent2parent](https://www.facebook.com/islandcountyparent2parent)

(360)632-7539 Call/Text

Common Causes of Behavior Problems in Kids

Knowing what makes kids act out is the first step to finding solutions

When children act out more than occasionally — with frequent tantrums, outbursts or defiance — the first step to dealing with the problem behavior is finding out what's behind it. And the cause may not be obvious.

Especially when children are young, they may not be able to tell you what they're feeling. And in fact they may not even know what's bothering them. Many children (and adults) find it hard to come up with the correct description of what they are experiencing. So many times the behaviors are a result of communication issues.

Tantrums and outbursts are usually signs that kids are struggling with feelings they don't have the skills to manage. They may be overwhelmed by their frustration or anger and not know how to express themselves more effectively, or calm themselves down. They may need help developing skills to control their behavior.

But if it's happening a lot, it could be caused by a number of underlying issues

Anxiety

We tend to think of anxious kids as shy, clingy or timid, but anxiety can also cause kids to act out. When anxious children are put into situations that trigger their anxiety, they may lash out or have a tantrum in an effort to escape that situation.

It's not uncommon for it to happen at school, where demands and expectations may put pressure on them that they can't handle. For instance, if a child who has social anxiety feels criticized, they might throw books and papers on the floor, or punch the person making them uncomfortable. And that behavior can be very confusing to teachers and other staff, since it seems to come out of nowhere.

Depression

Some children who have frequent temper tantrums have a disorder called disruptive mood dysregulation disorder, or DMDD. These kids have severe tantrums with chronic irritability in between outbursts. They tend to view things negatively, and are quick to explode over issues that seem minor to other people.

Sensory Processing Problems

Children who have trouble processing sensory information can have extreme and confusing behavior when their senses are overwhelmed. They might do things like scream if their faces get wet or have a meltdown if they're in a situation that's too bright, noisy or crowded. They might refuse to wear clothes that they find uncomfortable or eat food that feels wrong in their mouths.

Kids with sensory problems can also be rigid about routines and get upset or resist changes that seem insignificant to other people. They are also at risk for running away when an environment feels too overwhelming for them. The "fight or flight" response can kick in when kids are feeling overloaded with sensory input, and their panicked reactions can put them in real danger.



Learning Disorders

If a child acts out repeatedly in school or during homework time it could be the result of a learning disorder. If, for instance, they have trouble with math problems or a writing assignment, rather than ask for help, they might rip up the paper or start something with another child to create a diversion.

Kids who find learning harder than other kids do can be very frustrated and lose their temper frequently. And if they don't know they have a learning disorder, they can worry that they're stupid. So they often tend to hide their struggles. Getting into trouble might be less painful than letting people know that something is wrong with them. Paying attention to when the problem behavior happens can lead to exposing a learning issue and getting a child help.

ADHD

ADHD is usually diagnosed when kids are having trouble paying attention. But for many children with the disorder — and their parents — behavior is a big problem, too. They may ignore instructions. And they may lash out, throw a tantrum or be defiant when they are asked to do things they don't want to do.

This behavior is often a result of ADHD symptoms. They may not do what they're told because they are distracted, or because it's unusually hard for them to tolerate tasks that are difficult or boring. They're especially likely to misbehave if they're asked to stop doing something they enjoy, like playing a video game. So things like homework, going to bed, getting dressed and coming to dinner can become battlegrounds.

Children with ADHD are also more impulsive than other kids. They may be overwhelmed with frustration or other powerful feelings, and might impulsively throw a shoe or push someone or yell "shut up!"

Autism

Children on the autism spectrum are often prone to dramatic meltdowns. These children tend to be rigid — dependent on consistent routines for their emotional comfort — and any unexpected change can set them off. And they may lack the language and communication skills to express what they want or need.

Some behavior problems in kids with autism can be caused by medical issues that have gone unrecognized, especially in kids who are nonverbal. These include things like acid reflux, constipation, allergies, menstrual cramps, ear infections and even bone fractures. All kids exhibit more negative behaviors when they don't feel well, and kids on the spectrum may explode out of frustration that they are in pain and don't know how to communicate it, or make it stop.

Trauma

Children who have been subjected to trauma or abuse often have trouble managing strong emotions. As babies and toddlers, children learn from adults how to calm and soothe themselves by being calmed and soothed by adults. If they haven't had that experience, because of neglect, they can be quick to act out when they get upset, and have trouble calming down. They need coaching and practice at de-escalating when they feel overwhelmed.

Kids who have experienced trauma also tend to interpret other people as hostile to them, so they may act out irritably in response. They may develop the belief that they're bad, and what's happened to them is their fault. This leads to the expectation that people are not going to like them or treat them well, so there's no point in trying to behave.



By Caroline Miller at Child Mind Institute

**A note from P2P, we use this website quite often for resources regarding behaviors, behavioral health and much more.

<https://childmind.org/>

DISABILITY PARK PASSES



***Passes for People with
Disabilities, Veterans,
Senior Citizens & Foster Families***

Washington State Parks offers passes that reduce or waive camping, moorage, watercraft launch fees and day use for limited income senior citizens, disabled veterans, foster parents and people with disabilities. Qualified individuals may apply for more than one type of pass, although only one pass may be used at a time. These passes are valid only at Washington state parks.

Please Note: Washington State Parks pass discounts do not apply to yurts, cabins, vacation houses, roofed accommodations, retreat centers, picnic shelters or group camps. Pass discounts also do not apply to the extra vehicle fee. The extra vehicle fee is not part of the camping fee and must be paid when checking in at the park

Disabled Veteran Lifetime Pass

This free to individuals with a qualifying service-related disability provides free, year-round camping, moorage, watercraft launching, trailer dump and day-use entry at Washington State Parks

Disability Pass

This free to qualifying Washington residents with a disability pass provides year-round discounts on camping and moorage and free watercraft launching, trailer dump and day use entry at Washington State Parks.

Foster Home Camping Pass

This pass provides registered relative caregivers who camp with the children in their care with free campsite and day-use entry in Washington State Parks

Off-Season Senior Citizen Pass

This \$75 pass offers free camping or moorage from Oct. 1 to March 31, and Sunday through Thursday in April.

<https://parks.state.wa.us/205/Discount-Passes>

America the Beautiful - National Parks & Federal Recreational Lands Access Pass

- A free, lifetime pass, plus a \$10 handling fee. - available to U.S. citizens or permanent residents of the United States that have been medically determined to have a **permanent disability** (does not have to be a 100% disability) - that provides admittance to more than 2,000 recreation sites managed by five Federal agencies.
- May also be obtained free in person at a federal recreation site.
- Provides entrance or access to pass owner and accompanying passengers in a single, private, non-commercial vehicle at Federal operated recreation sites across the country.
- Photo identification may be required to verify ownership.



At many sites the Access Pass provides the pass owner a discount on Expanded Amenity Fees (such as camping, swimming, boat launching, and guided tours).

For more information on the Access Pass, check out <https://store.usgs.gov/access-pass>

Washington State Ferries (WSF) receives federal grants for capital construction projects, WSF must satisfy the federal requirement of offering **people with disabilities and seniors reduced rates.**

Examples of acceptable credentials establishing eligibility for the disabled fare include, but not limited to:

- * The WSF Disability Travel Permit (with or without an “attendant care” endorsement
- * Regional Reduced Fare Permit (RRFP)
- * Seattle Flash Card
- * The Card that is issued with Accessible Parking Placards (**NOT THE PLACARD ITSELF**)
- * A Medicare Card
- * A visible Disability
- * Or any Regional Transit ADA Identification that specifies the holder of the card as a person with a disability



Veteran’s Administration ID Cards are not accepted as a credential establishing disability

Questions? For more information on the WSF Ferry Disability Travel Permit, Please Call:
ADA Contact Information (888)808-7977 ADA Accessibility Coordinator (206)515-3437

All adults with intellectual and developmental disabilities deserve rich and meaningful lives in the community: Free Webinars



Community Homes provides, promotes and sustains exceptional, community-based housing for adults with intellectual and developmental disabilities. We are a nonprofit organization located in King County, Washington. For details about upcoming events call 425-233-6930. Website <https://www.eventbrite.com/o/community-homes-inc-6892086239>

Here are some topics being presented in May

Family Networking Group-Can Do Housing May
Encouraging Skills for Independence May 11
Creating a Meaningful Life May 19
Understanding Services Needed for Housing May 26

Other topics include:

Overview of Housing Model
Creating and Maintaining a Compatible Household
What is My Plan?

To find out more about the upcoming FREE webinar series, check out their website. They are a King County Non-profit but most information can apply to any Washington state resident. They also present on: “Intro to Housing” , “Exploring Community Based Housing Models” and “Creating Housing and Shared Living Tool Kit”

Accessible Communities Committee of Island County Needs Your Input!

Who we are: A sub-committee operating under the Governor's Committee on Disabilities tasked with helping our communities be more welcoming and inclusive for persons with disabilities. We're seeking self-advocates, family members, providers and community members to join our committee.



Our mission: To identify barriers that people with disabilities, or at risk, experience while living or visiting Camano and Whidbey Islands. Funds are available upon approval of project through the Governor's Committee. We would love to hear your experiences and suggestions for future projects that would benefit our communities. See <https://accessiblecommunities.wa.gov/>

When we meet: 3rd Wednesday of the month via Zoom 1:00-2:00pm

Contact: Tiffany Wheeler-Thompson, Island County Parent to Parent Coordinator
t.wheeler-thompson@islandcountywa.gov or call/text (360)632-7539.

Examples of projects already approved and completed:

Island Transit Bus Stop Seats—making travel on the island more accessible to those that cannot stand for long periods of time or need a resting seat while waiting for their bus to arrive.

Island County Behavioral Health Resource Guide—A comprehensive list of resources for behavioral health services and support in Island County and beyond. Primarily used for first responders on calls that could benefit from a list of resources and other residents in Island County.

Coffee & Conversations

Casual **Virtual** gatherings offered Daytime - 11am-Noon and Nighttime on the **2nd Wednesday of the month**. 6:30-7:30pm. Call/text/email Tiffany with questions and to receive the Zoom link for the meetings.
t.wheeler-thompson@islandcountywa.gov

PAMI Padres Apoyando Motivando Informando

Grupo de apoyo en Español para familias de niños con necesidades especiales. **Primer Martes** de cada mes.
Laiza (787)529-6788

Whidbey Functioning Autism Social Group

We are an informal group that provides support, information and social fun for individuals on the Autism Spectrum. Contact Todd Brehmer finart@whidbey.net

People First Adults with disabilities that want to meet others with disabilities, build friendships, and promote inclusion in their community. Contact Call/text for more info
(360)720-4918.

Heritage Adventurers

A friendship group for 18 and over on Whidbey Island meets for outings and events Sue Andrew at (360)321-5748

Flying Fingers Deaf and Hard of Hearing Social. Contact Susan for more details. (360)221-0383

Island County Parent to Parent

Support & Resources for Special Needs

Families in Island County

Tiffany Wheeler-Thompson, Coordinator

PO BOX 5000 Coupeville, WA 98239

(360)632-7539 call/text

t.wheeler-thompson@islandcountwa.gov

**Check us out on Facebook for up-to-date resources, information and activities **

www.facebook.com/islandcountyparent2parent

We have resource guides on our website:

*Island County Parent to Parent Disability Resource Guide

*Parent to Parent Autism Resource Guide

*Island County Behavioral Health Resource Guide.

<https://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx>

